ABSTRACT OF THE DISCLOSURE

The present invention provides: a hygroscopic composition, which comprises a combination of a deliquescent substance having excellent capacity for absorbing moisture and a liquid-absorbent resin highly absorbing and retaining the resultant deliquescence from the deliquescent, and can highly absorb and retain the resultant deliquescence from the deliquescent without liquefaction when absorbing moisture; a hygroscopic agent, which is a preferred mode for use; and a production process therefor. The hygroscopic composition comprises a liquid-absorbent resin and a solid deliquescent substance, wherein the liquid-absorbent resin is a crosslinked polymer obtained by polymerizing a monomer component comprising a major proportion of a cyclic N-vinyllactam, and displays an absorption capacity of not less than 20 g/g for an aqueous saturated calcium chloride solution at 25 °C. In addition, one of the hygroscopic agents comprises a liquid-absorbent resin and a solid deliquescent substance, wherein: the liquid-absorbent resin is a crosslinked polymer obtained by polymerizing a monomer component comprising a major proportion of a cyclic N-vinyllactam, and displays an absorption capacity of not less than 20 g/g for an aqueous saturated calcium chloride solution at 25 °C, and is blended with the solid deliquescent substance; and the resultant mixture is wrapped with a wrapping film of which at least a portion comprises a humidity-permeable film.